

WE ALL FACE
BARRIERS
to **FREEDOM**

Village eView

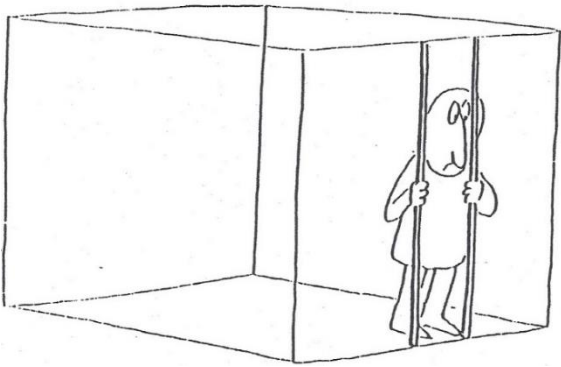
July 11, 2018

Colette Hoff, Editor

Coming Up:
Human Relations Laboratory, Aug 5 to 11
Fall schedule will be announced soon!

Dissolving the Barriers to Freedom

The Bright Path group
I once saw a beautiful picture of a person in prison holding the bars with gripped hands and with a fearful and worried look as if he was desperate to get out. Behind him, there was no back wall to the prison cell. It was simply open and what could be viewed was a magnificent vista of a vibrant, healthy, happy life. All it would take is for the person to let go of the bars of the cell and turn around and walk out into the expanse and wonder of Infinite possibilities. There was no one holding them inside the cell. They were simply looking in the wrong direction. They had turned to face the bars; had simply forgotten that freedom was directly there waiting for them to turn around.



This is a wonderful analogy to the mechanics of the human condition. **We hold on to certain ideas, judgments and beliefs, we hold to some very tightly until our knuckles are white through the grip on the cell bars. We bemoan our fate to the uncaring world, but we have forgotten that our prison was self-imposed. No one put us there, we created it.** For some this is hard to accept, but to accept this brings great opportunity to allow the fresh air of freedom to waft through the old cell. It brings with it the responsibility and desire to take action in life. For no one can do it for us. Only we can make the choice.

On-Line News of the Goodenough Community System
The American Association for the Furtherance of Community
Convocation: A Church and Ministry
Mandala Resources, Inc.
Sahale Learning Center
The EcoVillage at Sahale

All true spiritual practices will move your attention **from the self-imposed bars of limitation** to the wondrous expanse of your Being. This is beyond belief, it is an experience. It has been my experience that Ascension is the most simple, natural and effortless tool to gently turn the attention from the prison of one's limited mind and gravitate it towards the landscape of one's Consciousness. For it is precisely by becoming intimate with this simple experience that one's clarity, peace and happiness becomes enlivened.

Really all that is required is to let go. Let go of what we think, let go of the attraction to the mind, let go of the bars and our attention will automatically move towards greater Happiness, greater Love, and greater peace. This is the beauty of the techniques of Ascension. It is an art, a very simple art. One thinks the technique and then we stay alert to the experience. By doing so, the mind rides the waves of eternity back to its source and fulfillment in heart, mind and body is experienced.

In this state life becomes extremely user-friendly. It is as if our every pure desire is recognized by life and so begins to support and nourish our pure desire. For it is by allowing our greatest hearts desire to be recognized that the energy sprouts the necessary conditions for its completion. It is the simple mechanics of natural law. This is how life operates once one becomes intimate with the Source within.

So the first step is to be clear about what is important to you! What do you want? Be very clear about it and then be active in experiencing it. There is nothing more active than walking the path to freedom. Everything in life then, becomes an invitation; much like the Ishayas' Ascension that offers the keys to unlock the inner potential to everything.

Ishaya' is a Sanskrit word that means 'For Higher Consciousness'. The Ishayas are devoted to experiencing, and helping others experience, higher states of human consciousness.

Most of us only know ourselves as a bundle of thoughts, beliefs, opinions and judgments. These are the source of all of our stress, limitations, problems and suffering.

Beyond the constant chatter of the surface of the mind, is an endless wellspring of Peace, Joy, Creativity and Freedom. This Teaching offers a very rare opportunity to experience what it means to be truly alive.

<http://www.thebrightpath.com/article/dissolving-barriers-freedom>



Journey in Freedom: The Radical Practice of A Good Life

Colette Hoff

As the theme of the 2018 Human Relations Laboratory, these words suggest we are already free or need to be free to appreciate the journey. When freedom emerges, our human tendency is to prefer the status quo and not risk leaning into freedom. Building barriers is also a typical defense against freedom. To quote the previous article, ***We hold on to certain ideas, judgments and beliefs, we hold to some very tightly until our knuckles are white through the grip on the cell bars. We bemoan our fate to the uncaring world, but we have forgotten that our prison was self-imposed. No one put us there, we created it.***

This issue of the eView will highlight some of the typical barriers with encouragement to push through and desire more freedom for yourself. Roger Walsh and Frances Vaughan write about perception and how the mind is tricky in how it perceives and mis-perceives literally creating a mono-dimensional way of looking at reality.

A barrier is anything built or serving to bar passage, as a railing, fence, or the like; any natural bar or obstacle; anything that restrains or obstructs progress, access, etc. Barriers are self-created (based on wounds from the past) and serve to limit relationship, diminish energetic systems, and dampen creativity.

Join us in the journey toward the lab without some barriers, practicing freedom, and overcoming usual limitations!



PERCEPTION IS A MIRROR

by Frances Vaughan and Roger Walsh

You respond to what you perceive, and as you perceive so shall you behave.

Every response you make
to everything you perceive
is up to you,
because your mind determines
your perception of it.

You cannot be aware without interpretation,
for what you perceive *is* your interpretation.

Understand that you do not respond
to anything directly,
but to your interpretation of it.

Every scar that
you have is a
reminder not just
that you got hurt,
but that you
survived.

- Michelle Obama

Your interpretation thus becomes
the justification for the response.

Perception selects, and makes the world you see.
It literally picks it out as the mind directs.
The laws of size and shape and brightness
would hold, perhaps,
if other things were equal.
They are not equal.
For what you look for
you are far more likely to discover
than what you would prefer to overlook.

The world can teach no images of you
unless you want to learn them.

Reality needs no cooperation from you to be
itself.
But your awareness of it needs your help.

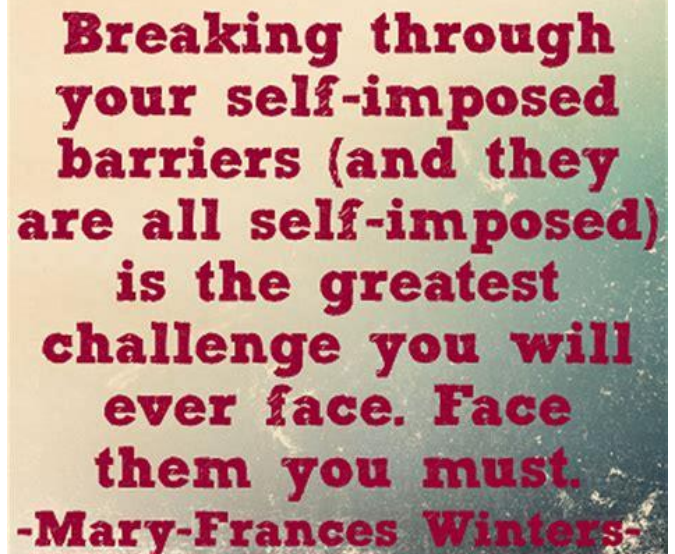
Perception is a choice
of what you want yourself to be;
the world you want to live in,
and the state in which you think your mind
will be content and satisfied.
It chooses where you think your safety lies, at your decision.
It reveals yourself to you as you would have you be.
And always is it faithful to your purpose.

Let us be glad that you will see what you believe,
and that it has been given you to change
what you believe.

If you perceive truly
you are canceling out misperceptions
in yourself and in others simultaneously.
Because you see them as they are,
you offer them your acceptance of their truth
so they can accept it for themselves.

Let us not rest content
until the world has joined our changed perception.
Let us not be satisfied until forgiveness has been made complete.

*As I share the peace of the world with my brothers,
I begin to understand
that this peace comes from deep within myself.*



**Breaking through
your self-imposed
barriers (and they
are all self-imposed)
is the greatest
challenge you will
ever face. Face
them you must.
-Mary-Frances Winters-**



Frances Vaughan (1935-2017)



Roger Walsh (1946-pres.)

(Excerpted from "Gifts from a Course in Miracles")



IT'S ABOUT INCLUSION.

YOU CAN'T BE INCLUDED UNLESS YOU'RE PRESENT AND YOU CAN'T BE PRESENT
UNLESS YOU'RE ABLE TO GET THERE.

INCLUSION HAPPENS WHEN YOU START
BREAKING DOWN BARRIERS. ©



Bottleneck of Barriers (an excerpt from How to Overcome Barriers To Achieving Goals)

By Kay Fudala on August 20, 2013 in **For Your Brilliant Mind, For Your Hopeful Heart**

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When it comes to work, I seldom procrastinate. When you are working on tasks that [harness your talents](#), working is indeed a pleasure!

However, I find that as an emerging entrepreneur, sometimes procrastination is inevitable. When I understood the psychology behind procrastination, it was easy to see why I delayed some tasks.

Neuroscientists have long known that majority of procrastinators are what are known as **behavioral**

Commitment is not a barrier to freedom. Commitment is the *exercise* of freedom, the act of making a choice or decision and meaning it. The one without the other is meaningless.

Michael Rosen

procrastinators. Most people procrastinate not because they want to delay doing what needs to be done but because they lack self-awareness.

- They are simply unable to **perceive the barriers** that are hindering them and
- They take no action to eliminate these barriers and get stuck.

I was surprised to read that most barriers arise not from others or from a lack of resources, but from within our environment or ourselves. These barriers are not lame excuses; they are obstacles that prevent us from advancing. We allow these barriers into our lives and we encourage them. It happens to the best of us and being aware of these barriers improves our chances of success. Even in the trivial things they distinguish the successful people from the unsuccessful ones.

Allow me to explain barriers further. They are of two kinds: active barriers and passive barriers.

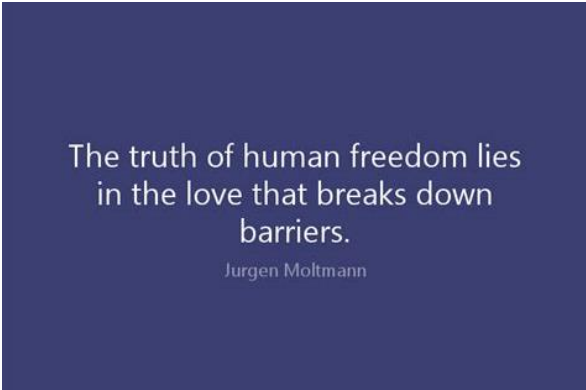
Active barriers are physical things, such as needing to fill out paperwork to accomplish a goal. You may need to arrange childcare so that you can work, take a class or exercise. If these physical things are not completed they hinder progress.

Passive barriers are things that when absent prevent us from getting things done. Most behavioral procrastination arises from passive barriers. It might be as simple as lack of knowledge or a missing object (For ex., lack of running shoes) that cause us to put off doing something.

Assess and Eliminate Your Barriers

Once you realize that your procrastination is due to barriers in your environment, you can take action to reduce, delegate or eliminate them where you failed or barriers that are stopping you. Now assess these barriers – are they caused by a lack of time, resources or support? If they are caused by a lack of time, you can adjust your schedule or delegate tasks. If they are caused by a lack of resources, you can purchase or acquire tools that will help. If they are caused by a lack of support – ask for assistance, hire help or question whether the task is worth doing.

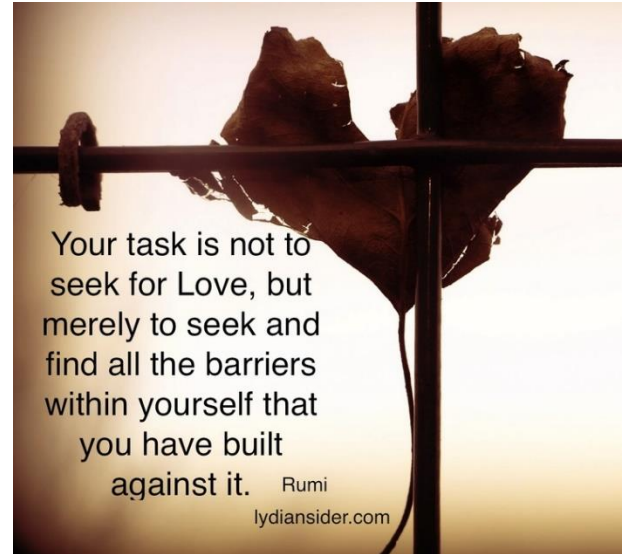
- **Health**
 - **Unable to maintain a healthy diet?** – Set a recurring calendar appointment to purchase fruits and vegetables every week. Carry small snacks in your backpack or purse for times when you get hungry. Maintain a food journal.



The truth of human freedom lies
in the love that breaks down
barriers.

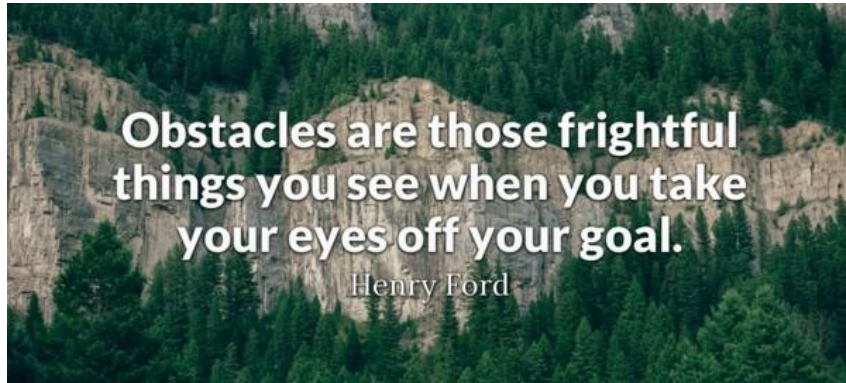
Jurgen Moltmann

- **Unable to exercise regularly?** – Carry a pair of tennis shoes in your car trunk; walk during your lunch break. Put on some music while your doing housework and salsa while putting dishes away.
- **Can't keep up with checkups?** – Set an annual schedule for checkups with your Primary Care Physician, Dentist, Optometrist or other Specialists. Set calendar reminders so that you will schedule these ahead of time. My husband and I tag team on dental appointments for our kids.
- **Finance**
 - **Not saving on a regular basis** – Set up automate transfer of funds from your checking to your savings account
 - **Spending too much** – Use a personal financial tool such as Mint.com or Personal Capital to monitor expenditure and set alerts for various categories
- **Career/Goals**
 - **Unable to work on your aspirational goals every day** – Apparently Google expects every employee to spend at least 20% of their time on projects that are of personal interest. Many popular products such as GMail have emerged from this policy. Why not follow Google's lead and set aside 10 to 20% of your time to work on your goals? Block off Friday afternoons for taking courses or following up on that new idea.
 - **Lack of work life balance** – On the other hand if it is all work and no play, why not cross a few things off your to do list this weekend? Take an afternoon off to visit the museum with your kids. Or plan an extra long lunch that includes a yoga class?



You may see a pattern emerge in terms of the barriers *you encounter*. You may be the kind of person who may be deterred by passive barriers or discouraged by active barriers. By anticipating the barriers that are stopping you from progressing on your goals, you can take action and can get more things done.





Barriers to Freedom

by Joseph Stainer Mitchell

Under cover of dark clouds
Landscapes appear on the horizon
The sun shining through the trees - yet
Barriers held the shadows shielding all
Life as far as the eyes could see Dark clouds to streams glistening
Eagles watching their prey
Seasons only gave warnings proving
To all living creatures in far off
Lands in their calling Barriers held fast - break waters gave
sanctuary to life's creation
Thunder - lighting opened the sky
Sunshine gave light - Rivers gave
Freedom to all creatures Looking back, buds gave signs of life
Flowers blossomed, looking upwards to
the sky became reality to all around.

RECOVERY

Realizing that you're worth it.
Experiencing true happiness.
Caring about yourself.
Over coming your own demons.
Validating your worth.
Eating without regret.
Relapse—it's going to happen, it's inevitable and that's **okay**.
Yearning to live.

A flyer for the Lab is attached to our email announcement, consider passing along to friends

Take a seven-day journey of experiential learning that encourages the freedom and human development fundamental to a good life

- Experiment with living from your true nature.
- Draw on large- and small-group processes to open your heart, mind, and body.

Open your heart, mind, and body in expertly designed large- and small-group processes.

- Deepen human connections and practice interpersonal skills in a supportive environment.
- Enjoy freeing experiences: Laughter Yoga, dance, singing, artistic expression, and social creativity.

**Transformative . . . Rejuvenating. . .
Healing. . .**

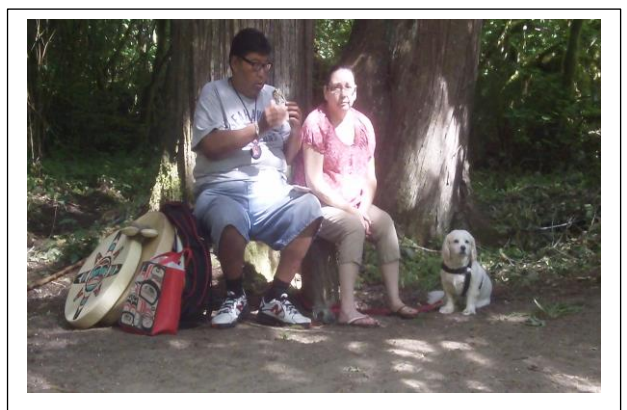
*Held within the magical 68 acres of
Sahale Learning Center, on the Kitsap
Peninsula*

<https://www.goodenough.org/human-relations-lab>





The deAnguera Blog: John Hoff Memorial



George Jamison and his cousin Jackie were able to join us for some power drumming in the Cedar Grove. George is the brother of Beaver chief. They are pictured on the right.

Last weekend we had a memorial gathering to remember our teacher, Dr. John Hoff on his birthday. He would have been 83 on Saturday July, 7th.

George told all of us that we are much more than friends. We are family. All of us are family. We came together around the big drum Lori Boess helped us construct over the week of Summer Camp.

We all experienced heaven being there in that grove together. Having Lummis' such as George and Jackie made me feel like kin to the tribal people living in the Puget Sound region. It also helped us remember John's work in immersing us together in the Native ways he was taught as a child.

The drum sends out vibrations and a precisely balanced feather inside directs them upward as prayers. Why is this important?

Everything is made up of vibrations. Our five senses of sight, hearing, touch, taste, and smell are really picking up vibrations. Everything is music. I think we instinctively understand this.

The drum is a heartbeat. Our heart beats synchronize everything else in our bodies. Likewise the beat of a drum synchronizes us with each other as well as the Earth around us.

Life is like a dream where we have all struggled to wake up and come together. The Creator is playing each of us as well as all of our surroundings.

In the game of life each of us is born with no memory of anything before. Waking up to our true nature can be one of life's biggest challenges.

Do I have to wake up? Nothing is required. I am going to make a story regardless of whether or not I wake up. If I don't wake up my life probably will not be fruitful in terms character development. If I don't understand my true nature I will let others define for my life

for me. I then become somebody else's creation rather than my own. This will definitely limit my options and reduce my chances of living a happy life.

An awake life is certainly freer and less filled with fear than being asleep.

I am dancing 24 hours a day regardless of whether or not I am sleeping. I even dance in my dreams though I am usually not aware that I am dreaming. Being aware of my dreaming allows me to do remarkable things like flying.

Is it possible that dancing with others to the beat of a drum in a circle will enable us to access talents we never knew we had as separate individuals?



Guest bullfrog. Not moving will prevent you from getting eaten. It also helps if you are green. Like the rest of us the bullfrog is also dancing.

Some additional pictures from our time in the Cedar Grove on Sunday, June 8 in a ceremony of spreading Beaver Chief's ashes

Pictures by Pam Jarett-Jefferson





Our Mother Drum has been birthed! It will never be too late to send in prayers and messages to the drum

Dear Community Friends,

On Saturday June 22nd the Mother Drum was created for our community by many loving hands under the direction of Lori Boess. Lori and our team of youth counselors aged 15 and up crafted this beautiful large drum made from cedar pieces which form a gorgeous frame, topped with buffalo hide drum heads on two sides and laced with hand made lacing. Our drum maker Lori is helping us us learn the process as well as inviting us into a sacred process of making prayers and setting intentions for our community and our shared lives and aims.

I invite you, the community that inherits this drum to join in the process of birthing in this next stage. Many of you have helped with financial support and now we have all the material supplies. What is needed now is your spiritual support and prayers for healing, wellness, vision and whatever else is important in your life.

Please send written prayers and written messages back to me, Irene at irene_perler@hotmail.com. I will be happy to write messages onto a leather disk for you and attach it to the drum. You could also consider a symbolic charm on a piece of yarn or twine and it can be tied to the drum body. Medicine pouches could be made, small objects, gems, stones, bones, shells, feathers, etc. could all be sent to me or brought to a visit to Sahale and added to the drum body with your prayers. These items would be smudged and purified and then respectfully added. Bear in mind that small tokens are best for hanging onto the drum.

These intentions and prayers will be living with the drum with the knowing that the drum is an instrument of healing and intentions. As we learn about her and play her, she releases our prayers through her tone and the spirit beings that are manifest in her.

I am new to this, but this represents my beginner's mind understanding of what our Mother Drum is capable of. She is coming to us and many of us believe she is a powerful healer that will receive your requests.

Blessings on this new birth and I hope you will find your way to Sahale this summer to meet her...she does not have a name yet, but perhaps she will soon!

Peace Irene



West Coast Communities (Un)Conference: Cultivating Collective Liberation

Something is Emerging

What are the Communities of the Future?

Join us for an intergenerational inquiry

- What are the Social, Cultural, Spiritual and Deep Eco-logical Technologies for communities of the Future
- Intentional Communities as Living Laboratories for Social Transformation
- Conversation & Innovation around Privilege, Access and Inclusion within Intentional Living Movements
- Envisioning Communities as vehicles for Cultivating Collective Liberation in the larger society

“Enlightenment is a group activity” - Charles Eisenstein

September 14-16, 2018

Sahale Ecovillage and Learning Center

Tahuya, WA

Now accepting applications for programming Sliding Scale Registration Options and Scholarships Available

For more information:

website: www.WestCoastCommunitiesConference.org

email: WestCoastCommunitiesConference@gmail.com

Facebook: www.facebook.com/westcoastcommunitiesconference

The Skinny Drummer Boy

By Jim Tocher

About a month before I was to graduate from the 8th grade, the high school orchestra teacher came to me with a big request. Would I join the senior high orchestra and play drums for the Spring Concert coming up just before school let out? Why me??? Well, because I was learning to play drums in the junior high orchestra, and the high school senior who played drums in the senior high orchestra had decided to quit school and join the Navy – all of a sudden like. I said yes, not knowing how big a leap this was going to be. During rehearsals for the Spring Concert I was probably awful, but then a miracle happened, and our senior drummer decided not to join the Navy and came back to school. I was greatly relieved – but I did play with the orchestra in the Spring Concert. I played the triangle – maybe three or four notes, and I managed to come in at the right time.

So that was how my musical career as a drummer started. In my freshman year I joined the orchestra and played all the percussion instruments. (I also joined the marching band as a snare drummer – although the snare drum was almost as big as me). With lessons from our orchestra teacher (and some diligent practicing), I became a passible percussionist for our high school orchestra. By my junior year I had become the bass drummer of the marching band. (Boy that thing was heavy when you had to march for miles with it hanging on you).

In orchestra our piano player helped me out a lot when I had to tune the tympani (or change the basic tone to fit the key requirement). I had a tin ear, so she would sound the note on the piano and indicate whether I was to raise or lower the pitch). But, all in all, I thought I was pretty good as a drummer in our small town school. That impression changed when I got to Cal (University of California, Berkeley). In my sophomore year at Cal I decided to join the Cal Marching Band. I think they needed an eighth guy to fill out the drum rank, and I was available. The rest of the snare drummers were really good! I struggled to learn the most complex marching drum beat I had ever heard, struggled to learn the complex maneuvers on the field for half-time, struggled to learn the songs, but it was exciting to be part of such a top notch band.

I didn't do anything about drumming for many years after graduating from Cal until I took up drumming with a Native American drum as part of the Goodenough Community activities. In recent years, I have left the drumming at our Human Relations Lab to the likes of Phil Buchmeier. It's in good hands.





Spatialist for Hire

Pam Jefferson

Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at 206 372 9801.



Calendar of Programs and Events

New calendar will be coming soon!

What makes community meaningful and fun? The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long-time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year's events. More information about programs and upcoming events can be found on our website: www.goodenough.org



The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** We will start our meetings again in the fall. Contact Kirsten Rohde for more information:

krohde14@outlook.com

The women's program is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net.



The men's program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Contact Bruce Perler for more information:

bruce_perler@hotmail.com



Pathwork, a program of Convocation: A Church and Ministry. On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 p.m. under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service.

Gatherings are in Seattle. Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth, June 24 – 30, 2018

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, Irene_Perler@hotmail.com

Human Relations Laboratory, August 5 to 11, 2018

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49th year! Contact: Colette Hoff, hoff@goodenough.org





The Goodenough Community Council meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: hoff@goodenough.org



True Holidays Celebration, Saturday, December 1, 2018

Be part of this fun-filled family-oriented evening, and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart.

Contact: Kirsten Rohde, krohde14@outlook.com

Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 25 – 28, 2018**), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Time to make plans for Memorial Day weekend. Please email hoff@goodenough.org with names and when you plan to arrive and leave. Great time to bring friends to share Sahale!

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, hoff@goodenough.org



Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships.

Call Colette (206-755 8404)

